

HEALTH FAIR 2012 – 26th January 2012

INTRODUCTION

1.1 “Health Fair 2012” was the tenth in a series of health promotions that provide information and practical advice for employees of Gedling Borough Council under the welfare part of the Health & Safety at Work Act 1974. The first event in May 1997 highlighted healthy eating initiatives and the deleterious effects of smoking, drinking and stress, as well as a check on employee general health and fitness.

1.2 The second event, aimed at the non-manual workforce, was held in January 1998 and concentrated on similar topics although emphasis was placed on regaining pre Yuletide fitness after the Christmas excesses.

1.3 The third event was dedicated to the manual workers at the Jubilee Depot Site and concentrated on men’s health with reference to the usual topics. Added information on sexual health and methods for checking the body for disease and/or abnormalities was also included.

1.4 The fourth event, planned for those who could not easily visit the Arnot Hill Park site, was based at Carlton Forum Leisure Centre. This venue was aimed at employees working in Richard Herrod Leisure Centre; St Andrew’s House, Moreland Court, Foxhill Court and various Community Centres in the locale. The theme for the day encompassed the usual topics with additional information on lung function, carbon monoxide testing and sampling the more exotic fruits as an alternative to crisps and sweets!

1.5 The fifth event, back at the original venue in the Civic Centre, was planned for members of staff based at the Arnot Hill Park site although this event did attract staff from outlying areas. The theme for this event was the deleterious effects of osteoporosis. A team of professionals from the company “Osteohealth” checked the thickness of each individual’s anklebones and, on an appointment basis, offered advice based on the results. A charge of £15 was made for each consultation, although this was offset for UNISON members with a subsidy of £5. Another local company “Voice and Communication” that specialised in voice care also had a stall. Two members of the company showed a video that highlighted how we harm our voice during work related situations and showed a few techniques to overcome physical tension, dry or sore throats, inability to be heard, breathlessness, or nervousness when speaking in front of audiences. The usual topics of previous health fairs supported the above themes.

1.6 A sixth event in 2004 followed a similar format to fifth both in venue and themes although we tried urine analysis and cholesterol checks based on the feedback from attendees. Practical methods for checking for abnormalities in the testes and breasts were also popular at this event.

1.7 The eighth event in 2007 consolidated on previous topics and was based once again in the Reception Room of the Civic Centre. A further stall was placed in the foyer to attract members of public who were visiting One Stop. The theme of the latter was to prevent or stop smoking.

1.8 The ninth in 2010 was the first in collaboration with Paul McGinty and the Well at Work Team but a separate report was not generated for this event.

1.9 The latest event was also held in the Reception Room and followed the well tried formula for previous events namely:

Body Mass Index	Food Safety	Cholesterol level	Blood Pressure
Urine analysis	Bone Density check	Prostate health check	Stress management
Smoking cessation	Keeping fit with LS		

2 ORGANISATION

2.1 As with all of these types of event, it would be difficult to organise without the dedicated support of the following:

2.2 **Edit Bodis** - who provided the “stop smoking” initiatives for staff. Edit signed up four smokers on the day to her annual programme.

2.3 **Occupational Health** – Julie Howe-Shilton our Occupational Health Nurse, from “Orchard Health” was once again available for checking employee’s blood pressure, heart rate, cholesterol levels and carrying out urine analysis. As we expected great interest in this section, she also provided another nurse. Further health advice of a private nature, related to the observations taken was also offered.

2.4 **Planning and Environment** – Our Food, Health and Safety Team, Julie, Shabnam, Rachel and Sue for providing exotic fruit for tasting and their time to give advice on food hygiene.

2.5 **Leisure Services** – Paul McGinty, Patrick Meakin and Johann Polak led a leisure based fitness team who provided a most popular check off an employee’s fitness through a series of body statistics. As an added bonus there was a fitness competition on a rowing machine and the “Smoothie” Bicycle. Paul also provided a health professional to discuss the effects of alcohol.

2.6 **Communications** – Scott Marshall provided advertising through the internet and produced posters for those who could not access a computer.

2.7 **Kay Richards** – provided her machine to check for the early signs of osteoporosis in both male and female employees of a certain age.

2.8 **Frank Walters** – provided his colleague, Iain McKay to determine the level of prostate specific antigen in male members of staff.

2.9 **Admin Support** - My thanks also go to Sue Sisson who generated all the appointment lists, co-ordinated staff requirements with the different providers and checked the Body Mass Index of attendees throughout the day.

2.10 **UNISON** – Sponsored their members to the tune of £5 per member for both Osteoporosis and Prostate checks.

2.11 **Well at Work** – Paul McGinty managed to find some external sponsorship funding to reduce the cost of the event.

2.12 The standard questionnaire was handed to each person as they entered in order to determine the success or failure of the event. (This has proved to be an effective method of assessment since its inception with the added bonus that one of the returns wins 3 months DNA membership).

3. STATISTICS

3.1 **OSTEOPOROSIS** – Kay advised that those with below average bone density should visit their doctor to determine if there is an underlying cause for the low levels and if there was a need to take calcium supplements. Those that have attended before and taken her advice have found their bone density figures to be higher than previously recorded.

Above average bone density	100% or above (Some were as high as 132%)	40% of attendees
Average bone density	74 – 99%	42.5% of attendees
Below average bone density	50-75%	17.5% of attendees
High risk	0-50%	0% of attendees

3.2 PROSTATE – Frank also advised that raised levels should be referred to their doctor for a further more in depth test. After the last health fair two members of staff with raised levels were able to confirm the initial signs of prostate cancer and had the condition treated.

Negative antigen reading	0-4 units	84.3% of attendees
Positive antigen reading	5-10 units	13.7% of attendees
Positive antigen reading	10+ units	0% of attendees

3.3 URINE ANALYSIS – This test detected glucose and the onset of diabetes. There were no positive results on the day.

Negative for glucose	100%
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3.4 CHOLESTEROL LEVEL – This test involved a pin-prick to release blood and measuring the level in the sample taken. High levels were discussed with the employee and advice on diet or referral to their own doctor was advised. Employees from previous years with higher levels are now recording lower readings after taking the above advice.

Less than 5	69%
5.1 and above	31%

3.5 BODY MASS INDEX (BMI) – Employees were weighed and their height recorded to determine their BMI. It was surprising to see that over 40% of staff were not of a healthy weight.

BMI less than 18.5	Under weight	2%
BMI 18.5 - 25	Healthy weight	54%
BMI 25 - 30	Over weight	27%
BMI 30+	Obese	17%

4 EXPENDITURE

4.1 Expenses included the nurses time and for consumables – Urine analysis (£1 per test) and Cholesterol (£3 per test). The cost for both prostate and bone density checks were also £20 per employee. Subsidies over the years have kept costs down with UNISON and employees paying for the service. This year external funding supplemented the cost borne by both employees and UNISON. Expenditure was as follows:

PROVIDER	2007	2007	2012	2012
ORCHARD HEALTH	SERVICE	COST £	SERVICE	COST £
Nursing Provision		560.00		617.60
Cholesterol check	135 x £3	405.00	89 x £3	267.00
Urine analysis	24 x £1	24.00	48 x £1	48.00
TOTAL		989.00		932.60
OSTEOCARE	82 x £18	1476.00	46 x £20	920.00
PROSTATE	41 x £18	738.00	43 x £20	860.00
TOTAL COSTS		3203.00		2712.60
SUBSIDY				
UNISON	Prostate 32 x £10	320.00	Prostate 27 x £5	135.00
	Osteo 36 x £10	360.00	Osteo 32 x £5	160.00
Employee	Prostate 9 x £13*	117.00	Prostate 16 x 5	80.00
	Prostate 32 x £3*	96.00	Osteo 14 x 5	70.00
	Osteo 46 x £13*	598.00		
	Osteo 36 x £3*	108.00		
Eternal Funding (Health & Wellbeing Fund)		nil		1250.00
TOTAL COSTS		1599.00		1695.00
COST OF FAIR		1604.00		1017.60

- Subsidy by EEs in the past was related to UNISON membership i.e. Union members paid less than non union members.

5. WINNERS OF COMPETITIONS

Category	Winner	Prize
Female to row Farthest	Sophia Beswick (256m)	No prize
Male to row Farthest	Andy Fretwell (317m)	No prize
Prize Draw Winners	Sue Waldman Suresh Mistry	MP3 Player MP3 Player
Returned Questionnaire Winner	Sharon Clarkson X3515	3 months DNA membership

6. FEEDBACK FROM ATTENDEES

6.1 Forty five questionnaires were returned from the one hundred and twenty six attendees. 63% were informed via the intranet, 15% saw the poster and 22% read about it in the GEN.

6.2 The following answers were given to questions three to nine:

QUESTION / STATEMENT	SEP 1998	MAY 1999	NOV 2000	MAR 07	JAN 12
Numbers Attending	40	30	95	179	126
Critiques Returned	18	14	18	36	45

Q3. What Topics were of most value:					
Knowing their Blood Pressure	12	11	10	24	16
Knowing their Weight	14	9	9	17	18
Information on Healthy Eating	15	8	8	11	14
Fitness Assessment	5	5	5	16	17
Knowing their Height	2	4	3	7	4
Knowing Pulse Rate	7	3	4	6	10
Information on Food Safety	4	1	1	2	5
Information on Stress	2	4	6	11	n/a
Information on Alcohol Abuse	NIL	1	3	1	3
Information on Smoking	5	1	1	1	3
Information on Sexual Health	1	NIL	NIL	1	1
Osteoporosis check	N/A	N/A	13	7	14
Information on Voice Care	N/A	N/A	5	N/A	n/a
Cholesterol Check	N/A	N/A	N/A	26	20
Urine Analysis	N/A	N/A	N/A	14	13
Prostate Check	N/A	N/A	N/A	3	12
Physical Activity	N/A	N/A	N/A	N/A	7
Diet Advice	N/A	N/A	N/A	N/A	4

Q4. What Topics were of least value:					
Information on Smoking	2	4	3	4	NIL
Information on Sexual Health	2	NIL	2	3	3
Information on Alcohol Abuse	NIL	3	2	3	2
Information on Food Safety	2	2	1	2	2
Information on Stress	2	3	1	3	N/A
Information on Height	NIL	NIL	NIL	NIL	1
Information on Heart Rate	NIL	1	NIL	2	1
Information on Sport and Fitness	2	1	2	1	4
Information on Healthy Eating	NIL	NIL	1	1	1
Osteoporosis check	N/A	N/A	1	1	1
Information on Voice Care	N/A	N/A	1	NIL	N/A
Knowing their Weight	NIL	NIL	NIL	1	1
Information on Healthy Eating	NIL	NIL	NIL	NIL	NIL
Cholesterol Check	N/A	N/A	N/A	1	1
Urine Analysis	N/A	N/A	N/A	1	3
Prostate Check	N/A	N/A	N/A	1	2
Blood Pressure	N/A	N/A	N/A	N/A	1
Diet Advice	N/A	N/A	N/A	N/A	1

Q5. What information would you include in a future event?					
Applying cosmetics	NIL	NIL	NIL	NIL	1
Eye tests	NIL	NIL	NIL	NIL	1
Diabetic tests	NIL	NIL	NIL	NIL	NIL
Food demonstration/testing	NIL	NIL	NIL	NIL	NIL

**Annex A to
2012 OH&S Annual Report**

QUESTION / STATEMENT	SEP 1998	MAY 1999	NOV 2000	MAR 07	JAN 12
Advertise catering facility in club.	NIL	NIL	NIL	NIL	NIL
Relaxation classes	NIL	NIL	NIL	NIL	NIL
General H & S at Work Awareness	1	NIL	NIL	NIL	NIL
Blood Testing	1	NIL	NIL	NIL	NIL
Benefits of Drinking more water	NIL	1	NIL	NIL	NIL
Cholesterol checks	NIL	1	NIL	NIL	NIL
Men's Health	NIL	NIL	1	NIL	NIL
Exercise Topics	NIL	NIL	1	NIL	NIL
Privacy while consulting with the Nurse	NIL	NIL	NIL	2	1
Skin Cancer mole checks	NIL	NIL	NIL	1	1
Lung Function checks	NIL	NIL	NIL	2	NIL
Lifestyle information	NIL	NIL	NIL	1	NIL

Q6. Was the venue suitable?					
No	0	0	1	2	NIL
Yes	18	14	17	37	44

Q7. Would you attend a future event?					
No	0	0	0	0	NIL
Yes	18	14	18	39	44

Q8. Did you learn anything new from those present?					
No	1	1	0	0	1
Yes	17	13	17	39	41

Q9. Will you adopt or use any ideas or information given to you today?					
No	0	0	0	2	1
Yes	18	14	17	37	42

7. CONCLUSIONS

7.1 Thanks to the appointment based attendance the tenth Health Fair coped with a steady flow of people instead of the peaks and trough situation (around lunch and tea breaks) we have experienced in the past. The venue seemed to suit the majority of staff employed at the Arnot Hill Park site but those who worked at Carlton, Mapperley and Calverton found it more difficult especially when relying on public transport.

7.2 All stallholders enjoyed the busier feel to the day and managed to get at least 30 minutes break. Appointments ran to schedule and at times were quicker than planned allowing latecomers to take advantage of the service provided. The planned finish time of 1600hrs was once again too early and future events may have to be planned for a finish at 1700 hrs or later to cater for shift patterns.

7.3 Lung function tests, lifestyle and skin cancer were raised as a possible topics for a future health fairs and it has been suggested that the next event be held in the Carlton area to cater for outlying staff. One or two attendees asked if consultations could have been a little more private.

7.4 If you require any further information relating to this Health Fair Report, please contact the undersigned

Barry J Saunders
Safety Officer
Ext: 3940